

OCEANA FITNESS PROGRAMS

ON-GOING PROGRAMS

Body Power – An alternative to the everyday workout. Strength and cardio training is achieved through the use of alternative equipment. Done as a circuit this class can pack a wallop. Available from beginners to advanced fitness levels. 0830-0930 Mon., Wed., and Fri., PRT Center Bldg. 529

Orienteering – Want some help learning your way around and get a workout at the same time? This is the class for you. Learn how to use a compass and map while completing a fitness run/walk. Classroom is outside so come prepared. 0830-0930 Mon., Wed., and Fri., PRT Center Bldg. 529

Spinning Class – Spinning classes utilize specially designed stationary cycles, which enable you to easily adjust the resistance to your own fitness level. Spinning naturally lends itself to an individualized workout that burns serious calories, tones the lower body, and creates aerobic improvement that can transfer over to other activities. 0830-0930 Tuesday and Thursday, PRT Center Bldg. 529

Flex Class – Creative and effective strength training can be taught without a weight room. This class teaches you muscle conditioning with a variety of basic exercises. 0730-0800 Monday – Friday, Fitness Center Bldg. 545.

Step Aerobics High/Low – A classic! Get that heart pumping with step aerobics. Intensity can be adjusted to your fitness level. A must try. 1130-1230 Monday – Friday and 0900-1000 Saturday, PRT Center Bldg. 529.

Cardio Kickboxing – Learn how to properly throw a punch and kick in combinations to burn some massive calories. Motivation and moving class that offers high intensity and can be adjusted to your level. 1700-1800, PRT Center Bldg. 529.

ABS Class – Abs class is an innovative way to tighten and strengthen your stomach. 0700-0730 Monday – Friday and 1630-1700 Monday – Friday, Fitness Center Bldg. 545.

Water Aerobics – Aerobics in the water. Great for those hot summer days. Water resistance is used for muscle strengthening and cardiovascular endurance. 1100-1200 Monday through Friday at the Enlisted Pool.

INCENTIVE PROGRAMS

[“NASCARDIO at Oceana”](#) – On 1 July the Fitness Center will start NASCARDIO Races. All you need is two people to form a team. A military I.D. card is required to participate. Three races will be held this year: FITWING 500, The Strike Fighter-Wing 500”, and The Oceana 600. To get your miles you and your teammate need to do your cardio exercise at the Fitness Center for a minimum of three times a week. For every 15 minutes you workout, you get 10 miles credited. If you or your teammate fail to do your three sessions a week, your team will be deducted 20 miles. The race week starts on Monday and ends on Sunday. Prizes will be awarded to all teams who finish and a championship prize will be awarded to the winning team.

[Navy Fitness League \(NFL\)](#) – The “NFL” consists of two-person teams who choose their favorite NFC or AFC team they will represent for two games. Game 1 runs November 1 – 30 and Game 2 December 1 – 31. The top two teams in the AFC and NFC will participate in the Superbowl January 1 – 31. Participants will perform a minimum of 3 days per week of cardiovascular exercise and points will be accumulated each week as follows:

- Touchdown (6 pts.) – each team member performs 3 hours of cardio.
- Field goal (3 pts.) – both team members exercise for 1½ hours on the Step Mill, Versa Climber, or treadmill.
- Extra point – one additional hour of cardio per team member
- Two extra points – two additional hours of cardio per team member.
- Extra Touchdown – three extra hours of cardio per team member.
- Deduction – 3 pts. will be subtracted if less than the required amount of cardio is completed.

There will be no penalty for lost time during holiday leave period, December 13-31. However, bonus field goal pts. will be awarded to team members completing the weekly requirements. All participants will receive a water bottle. Highest score wins and receives a trophy along with the runner-up.